



Base Bulletin

Vandenberg AFB, CA 93437-0759



3 November 2004

No. 44

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to Vandenberg Publishing on the Global or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. JPASO Scheduling Conference: The next quarterly Joint Pacific Area Scheduling Office (JPASO) Scheduling Conference will be held Thursday, 4 Nov 04, at 1000, in Bldg 7025, WROCC auditorium. There will be several range scheduling briefings planned with presentations by JPASO Pacific area range representatives including PMRF Barking Sands Hi, Naval Air Point Mugu CA, 22 Space Operations Squadron, Peterson AFB CO, Reagan Test Site U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. Contact is Rich Noci at 6-8985. (2ROPS/DOUS)

b. Retiree Appreciation Day: A Retiree Appreciation Day will be held at the Pacific Coast Club, on 6 Nov 04. Registration is from 0730 to 0830. The event will run from 0800—1500. A full day of briefings will address the latest news on medical benefits and other matters pertaining to military retirees and their families. Free cholesterol screening, body-fat taping and optometry appointment scheduling will be available on-site. Team V personnel will also be available to update I.D. cards or vehicle registrations for retirees only. Call 606-5474 for more information. (30MSG/CCIM)

c. Retirement Ceremony: Colonel Cannon, Director of Public Affairs, Headquarters Air Force Space Command, cordially invites you to attend a retirement ceremony honoring TSgt Mark S. McKinney, 30th Space Wing Public Affairs Office, for his 20 years of dedicated service, on Friday, 12 Nov 04 at 1030, Chapel 1, reception to follow in the Chapel 1 Annex. Military attire: Duty Uniform. Civilians: Civilian attire. Please RSVP to TSgt Rod Farrier, 6-1521 or TSgt Rebecca Danet, 6-3390. (30SW/PA)

d. Office Closure: The Family Support Center will be closed from 1145—1400 on Friday, 19 Nov 04, for an official event. Personnel requiring emergency Air Force Aid will be assisted. Call the Command Post at 606-9961. (30MSS/DPF)

e. Office Closure: The Military Personnel Flight will be closed from 1145—1400 on Friday, 19 Nov 04, for an official function. (30MSS/DPM)

f. Military Equal Opportunity (MEO): Under the Equal Opportunity and Treatment (EOT) Program when necessary, military members, their families, and military retirees can file formal complaints. Complaints should be filed within 60 days, unless there is justification or extenuating circumstances. Formal complaints are processed in 20 duty days (sexual harassment complaints are processed in 14 duty days and have additional reporting requirements). The MEO Office conducts a complaint clarification in nine duty days, and the report is submitted to the legal office for a legal review in six duty days, and the commander has five duty days to outline intended action in confirmed cases. For additional information relating to the EOT complaint process please call the 30th Space Wing MEO Office at 6-0370. (30SW/ME)

g. Volunteers Needed: Volunteers are needed for the upcoming Volunteer Income Tax Assistance (VITA) program on Vandenberg AFB. No prior experience is required. As members of the VITA Team, volunteers are trained in the computerized preparation and electronic filing of income tax returns. Once trained, they are

TEAM VANDENBERG

then called upon to provide income tax assistance to the Vandenberg Air Force base military community during the tax season. Military retired and civilian volunteers are encouraged to volunteer their free time to work. Training, starting in January, is provided for preparation of Federal and California returns. If you are interested in helping your active duty and retired military community, please call 6-3650. (30SW/JA)

h. Driving Safety: Deer activity is high during the months of Oct-Jan, which heightens the threat for deer-vehicular mishaps. Most of the deer-related accidents occur between dusk and dawn. If you see one, anticipate there are others. If you see a deer cross the road, slow down and use caution. A deer standing calmly in a field may suddenly jump into the road. Drive the speed limit during the day. At night, reduce speeds below the speed limit, especially in fog. Slow down and watch for the eye-shine of deer near the roadway edges. Statistics show that injuries to drivers and passengers increase when the vehicle swerves. Therefore, do not swerve to miss Bambi--this can cause you to lose control, strike another vehicle, go into oncoming traffic or leave the highway, strike a tree, and go down a deep ravine. (30SW/SEGB, 6-8804)

i. Airmen Against Drunk Driving (AADD): Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

2. 30th Space Communications Squadron: (30SCS)

a. Base Bulletin Submissions: Please limit the size of your articles to eight lines per Official Section II and/or Unofficial Section III submission and two lines per Unofficial Section III - Items for Sale submission. We will work closely with you to present your information in the best possible manner. Thank you for your continued support. Contact us at 6-7894 or by e-mail at [Vandenberg Publishing](#). (30SCS/SCBP)

b. Public Address Requests: The holidays are just around the corner. If you are in need of a Public Address System for your official function, please submit your request via 30SW Form 748 to: Vandenberg Public Address Request. Reminder: 30SWI 33-113 requires two weeks notice prior to your event. Contact Teresa Galvin at 6-4043. (Indyne)

3. Traffic Management Office: (30LRS)

a. Attention TMO Customers: If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact MSgt Scott at 6-0904. (30LRS/LGRT)

b. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

4. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPM1)

b. The MPF Weekly: For the most current Military Personnel information, please check out *The MPF Weekly*. The 29 Oct 04 edition is now posted on the Vandenberg Intranet, link: https://intranet.vandenberg.af.mil/organization/30msg/30MSS/mpf/mpf_weekly/2004_archive/oct-04-29.doc. (30MSS/DPM)

5. Civilian Personnel Flight: (30MSS/DPCE)

a. Voluntary Leave Transfer Program: Vandenberg AFB currently has four employees in need of donated leave. Bruce Dufresne - 2 ROPS/DOUS, Christine Holly-Vickers - 30 SW/JA, Timothy L. Lovelace - 30CES/CEOF2 and Fidel G. Terrones - 30 CES/CEOIE. We also have a list of over 55 other Air Force employees who are in need of your assistance. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf. (30MSS/DPC)

b. Weingarten Right: Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is

mandatory when the following four conditions are met: 1) The meeting between the employee and management official(s) must be an examination; 2) The examination must be in connection with an investigation; 3) The employee must reasonably believe that disciplinary action may result from the meeting; and 4) The employee must request representation. (30MSS/DPC)

c. Federal Employees Health Benefits Open Season: The 2004 Federal Employees Health Benefits (FEHB) Open Season health fair will be held on 3 Nov 04, from **0900 until 1400**, at the Education Office Student Lounge, Building 14002, 144 Wyoming Ave. During open season, 8 Nov 04 through 13 Dec 04, eligible employees may enroll in a health insurance plan for the first time, or make desired changes in current enrollments by contacting the Benefits and Entitlements Service Team at 1-800-616-3775, or at this web site www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm to give Federal employees more options that empower personal decision making and maximize their ability to put more of their hard-earned dollars to work for their needs and those of their families, 18 High-Deductible Health Plans (HDHP), both local and national, will be offered by the Federal Employees Health Benefits (FEHB) Program in 2005. These health plans, together with a Health Saving Account (HSA) or a Health Reimbursement Arrangement (HRA) provide a tax advantaged savings vehicle for paying for your medical expenses. More information will be provided in conjunction with the beginning of the open season. (30MSS/DPCE, 6-5847)

6. 30th Medical Group: (30MDG, 6-7440)

a. Glasses for the Deployed: Reminder: if you are deploying in the next few months and wear glasses, please ensure that you have up to date glasses and gas mask inserts. If you need to order glasses/gas mask inserts, please stop by the 30MDG Optometry Clinic with your medical record, or call 6-0468 for an eye exam.

b. Service Delivery Assessment (SDA): The 30th Medical Group at Vandenberg will be implementing a new process for obtaining timely feedback from our patients about their outpatient visits. An authorized individual from SDA will be telephonically contacting patients to obtain feedback on the quality of the medical services they received recently. Randomly selected patients will be called within a few days after their medical visit between the hours of 1700—2000, Monday through Friday (except holidays), and asked seven simple questions. The caller does not have access to any personal medical information nor will patients be requested to provide such information. In order for the Medical Clinic to ensure that all needs and expectations are met here at Vandenberg, full participation is encouraged. Questions? Contact TSgt Blake at 6-1846. (30MDG/SGP)

c. Influenza Prevention and Vaccination Guidance: Influenza vaccination has NOT arrived on base, and will be distributed in accordance with official guidance. The high-risk groups on Vandenberg will be notified by the Medical Group, so please be patient and DO NOT go to or call the immunization clinic to ask about shot availability. Due to a manufacturing shortfall many healthy individuals will have to forego or defer vaccination this season. The DoD 2004-2005 Flu Vaccine Policy Guidance gives priority to: A) Deployed or deploying (with orders) service members and others designated as critical to national defense. B) Medically high risk groups to include: 1) All children aged 6- to 23-months. 2) Adults 65-years and older. 3) Persons aged 2- to 64-years w/underlying chronic medical conditions. 4) All women who will be pregnant during the influenza season. 5) Residents of nursing homes & long-term care facilities. 6) Children aged 6-months to 18- years on chronic aspirin therapy. 7) Health-care workers involved in direct patient care. 8) Out-of-home caregivers and household contacts of children aged less than 6 months. (30MDG/SGP, 6-0648)

7. 30th Security Forces Squadron: (30SFS/SFOS, 5-0792)

a. Installation Entry Gate Hours: The Santa Maria, Solvang, South and Timber Lane Gates are open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Sunday. The Titan gate is open from 0600—0900 and 1500—1800, Monday through Friday. (30SFS/SFOC, 6-3911)

b. Neighborhood Watch Program: This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30SFS/SFOS)

8. 30th Civil Engineering Squadron: (30CES)

a. Attention All Facility Managers: Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conf. Rm. (30CES/CEOPF, 6-0010)

b. Attention Military Family Housing Residents Bulk Trash Pickup: Just a friendly reminder regarding bulk trash (not recyclable, i.e. cardboard boxes, green waste) items that don't fit into your black refuse can: All items should be broken down. Please don't place your bulk items in cardboard boxes; use plastic garbage bags. Scheduled pick-ups are the 2nd and 4th Monday of each month (or Tuesday if the 2nd or 4th Monday is a Federal holiday). Place the bulk trash items at the curb before 0700 on pick-up days. Please insure nothing is blocking the curbside pick-up area (i.e., parked cars, basketball hoops, bicycles, etc.). If you are PCSing or service separating and have a copy of your orders you may take your bulk trash items directly to the landfill. For more details contact Mr. Hehe, 6-2808 at Service Contracts. (30CES/CEOEC)

9. Air Force Reserves: (30MSS/ISR)

Briefing: The next Air Force Reserve briefing is 9 Nov 04, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Karen L. Dean
Chief, Publishing Management

SECTION III — UNOFFICIAL

General Information:

a. Base Theater Marquee: The following movies will be shown at the Base Theater, Bldg 13750, 29—31 Oct 04. Call 6-5565 for movie information or e-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	5 Nov 04	"Resident Evil: Apocalypse"	R	1830	1900
Saturday	6 Nov 04	"The Forgotten"	PG-13	1830	1900
Sunday	7 Nov 04	"Mr. 3000"	PG-13	1330	1400

b. Food Service Events: For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMF)

Day	Date	Event	Start Time	Location(s)
Wednesday	3 Nov 04	National Sandwich Day	1100	Beachcomber
Friday	5 Nov 04	Aviation History Month Meal	1100 & 1630	Beachcomber
Monday	11 Nov 04	Veteran's Day meal	1100	Beachcomber

c. Free! White plastic patio tables and chairs for your organization. Unaccompanied Housing is giving away our surplus of patio furniture. First come first served. Please call Dorm Mgmt at 605-2048. (30MSG/CCH)

d. General Membership Meeting: The Vandenberg African-American Association general membership meeting is Thursday, 4 Nov 04, at 1130 at the Base Library in Conference Room A. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact MSgt D. King or SrA Nurse. Contact: MSgt Dexter King 532TRS/DO, 6-5551 or SrA Nurse 30CPTS/FMFC, 6-4606. (2SLS/MAFD)

e. Car Wash: The 30th Weather Squadron Booster Club is hosting a car wash at the Vandenberg Center parking lot on Friday, 5 Nov 04 from 1030—1500. Come out, support your Weather Squadron and clean up your act. For more information call MSgt James Gies at 6-3210. (30WS/DOO)

f. Blood Drive and Bone Marrow Donor List Recruitment: The 30th Launch Group is hosting this event for the base, to be held at the Education Center Student Lounge on 5 Nov 04, from 0900—1300. The holidays are always a hard time for the blood banks because receive fewer donations in these months. With all of the recent hurricanes, our help is essential to help replenish the blood supply. Additionally, you will have the opportunity to be registered on the DoD Marrow Donor List. Please consider donating blood, being registered on the Marrow Donor List, or both. Contact Lt Kate Cantu at 6-1137 with any questions. (30LCG/1ASTS)

g. Black and White Ball: Mosaic Lodge #109 cordially invites you to attend their Annual Black and White Ball on Saturday, 6 Nov 04 at 1800 at the Vandenberg AFB Pacific Coast Club. Dress: Formal. Cost: \$30 singles/\$50 couples. RSVP by 1 Nov 04 to Billy Phelps at 735-8995 or AB Terrance Scott at 6-1942 for tickets and more information. (2SLS/MAFD)

h. Car Wash: The 30th Weather Squadron Booster Club is hosting a car wash at the Vandenberg Center parking lot on Friday, 5 Nov 04 from 1030 to 1500. Come out, support your Weather Squadron and clean up your act. For more information call MSgt James Gies at 6-3210. (30WS/DOO)

i. General Membership Meeting: Air Force Sergeant's Association (AFSA), Chapter 1356, is conducting a general membership meeting at 1530, 9 Nov 04, Supply, Bldg 8339, 2nd Floor, Rm 2, located on the corner of 8th St and New Mexico. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA needs Team Vandenberg's support. Contact AFSA President, SMSgt Williams, 6-1568. (30SCS/SCBH)

j. MOAA Mixer: Military Officers Association of America (MOAA) invites all officers at Vandenberg to attend a mixer at the Pacific Coast Club Lounge on 10 Nov 04 at 1700. There will be a hosted bar (wine) and hor d'oeuvres. Purpose of the event is to familiarize active duty personnel with the purpose of MOAA and efforts made on behalf of all, officer and enlisted, and their families in Washington D.C.. MOAA was formerly known as The Retired Officers Association (TROA). For more information contact Mr. Richards at 733-1819.

k. Local Veterans Day Events: **6 Nov 04** at 1300, a Veterans Day Parade will be held in Old Orcutt, featuring TEAM Vandenberg members and equipment. **7 Nov 04** at 1000 at the Pismo Beach Pier, Major General Hamel, 14th Air Force Commander will be the keynote speaker and hold a Purple Heart presentation, featuring Team Vandenberg Color Guard, and Patriot Voices. **11 Nov 04** at 1000, a Lompoc Veterans Day Community Event will be held at the Lompoc Veterans Building at Olive and South H Street. **11 Nov 04** at 1000, a Goleta Veterans Day Community Event will be held at the Goleta Valley Community Center, 5679 Hollister Ave, featuring Team Vandenberg members representing the U.S. Air Force and Vandenberg Air Force Base. **11 Nov 04** at 1200 the Lompoc Elks Club on East Ocean will hold a free BBQ for all Veterans and Active Duty members with minimal charge for family members. **13 Nov 04** at 1700, the Santa Maria Chamber of Commerce and Allan Hancock College present the 2nd Annual Military Appreciation Night. Event includes free tailgate party BBQ for all active duty military and their families, and free admission for all active duty members and their families to the Allan Hancock versus Santa Barbara City College football game at 1900, at the Righetti High School Stadium. (30SW/PA, 6-3595)

l. Holiday Fashion Show: Vandenberg Spouse's Club (VSC) presents a Holiday Fashion Show on Tuesday, 16 Nov 04, at 1900, at the Pacific Coast Club. Heavy hors d'oeuvres will be served. Cost is \$8.00. Please RSVP by 12 Nov 04 to Leigh Ann at 734-1911.

m. Operation Kids' Christmas Needs Volunteers Now: Operation Kids' Christmas needs volunteers for the following jobs: Escorting the children during the party, setting up the ballroom in the PCC, serving lunch to the kids, cleaning up after the party, and food basket delivery. To volunteer contact: Capt Lever, 6-5840, charles.lever@vandenberg.af.mil (best if you volunteer by e-mail). Please include in the subject of your e-mail whether you'd like to help as a volunteer or an escort. The party will be Saturday, 4 Dec 04, at the Pacific Coast Club. Set up will start at 0700, escorts should arrive at 0900 in Service Dress. The party will run from 1000—1300, and clean-up will start at 1300. (392TRS/DOC)

n. Attention Military Personnel Assigned to Vandenberg: You can book 30 days ahead for the Thanksgiving and Christmas holidays and may confirm stays up to 10 days in VQ quarters for only \$28.50 per night, during the period 5 Nov 04-5 Jan 05. This offer is for the friends and relatives of military personnel assigned to this base. Call Mike Green, 5-7831/6-1844, for 0-6/above, call 6-3711. (30SVS/SVML)

o. Going To A Holiday Party? Spend the night a Lodging for only \$28.50 per night. You may book a VQ, 30 days in advance for your party night. To be eligible you must be active duty military/retired military or civilian (DOD) on active duty. Offers expires 5 Jan 05. Call Mike Green at 5-7831/6-1844. (30SVS/SVML)

p. General Membership Meeting: The Vandenberg AFB/Central Coast Chapter of Tuskegee Airmen Inc. general membership meeting is Thursday, 18 Nov 04, at 1200, at the PCC in the Enlisted Heritage Quiet Room. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact Lt Ike Wright at 5-4910 or Capt John Lofton at 6-6621. (2SLS/MAFD)

q. Health and Safety Courses: American Red Cross Santa Barbara County Chapter class for fee schedule includes: Community First Aid & Safety, Course Fee: \$50, Standard First Aid and Infant/Child CPR (32408) Course Fee: \$50, Community CPR (32421) Course Fee: \$40, Adult CPR (32420) Course Fee: \$25, First Aid

(32401), Course Fee: \$25, Babysitters Training (31400) Course Fee: \$25/35 and more. Call for details and to pre-register Santa Maria Valley District Office at 928-0778 or Lompoc Valley District Office at 736-5110. (ARC)

r. Free Disaster Classes: The American Red Cross Santa Barbara County Chapter, Santa Maria location is offering free Disaster Training classes to include: Shelter Operations, Shelter Simulation, Disaster Assessment, Providing Emergency Assistance to Families, and Disaster Action Team (DAT) Workshop. Call 928-0778 or e-mail: disaster@sbaco-redcross.org for more details. (ARC)

s. Patriot Voices: Patriot Voices is actively looking for new members. If you like to sing, come out and join a dedicated group of Airmen who sing the National Anthem (and sometimes other patriotic songs) at promotions, retirements and other official ceremonies. We get invited to many functions on-base and are also well-known in the local community. We practice every Tuesday, 1645 at Chapel 1. Come out and join us or call Capt Todd Frommeyer, 5-7863, for more information. (14AF/JA)

t. Moms, Pops & Tots: We are part of the all-ranks Vandenberg Spouses' Club and geared towards spouses with children ages 0-5. The playgroup meets at the Fitness Center Annex every Tuesday, from 0930—1130. The Fitness Center Annex is on Wyoming Street across from the commissary. Lots of toys and room to run! This group is meant to be informal & meet your needs. Also includes field trips, speakers, park playdates and holiday parties. Come try us out! For details call Linda Benz at 734-2448/e-mail: benz3.0@netzero.com.

u. Looking For A Volunteer Organization To Share With Your Children? If you're interested in a worthwhile volunteer program for your son or daughter, Civil Air Patrol may be exactly what you've been looking for! CAP's cadet program has more than 27,000 members, ages 12 to 20, throughout the nation. Parents of cadets credit our program with communicating to their children the importance of personal integrity, accountability, self-discipline and respect for others. Contact the Squadron Commander, Lt Col Erich Schatzle, at 5-3015 or via e-mail: sq101@cawg.cap.gov. Stop by a meeting Wednesday nights, 1830—2100, 1st & 3rd weeks at Bldg 9360 and 2nd & 4th weeks at Santa Maria Airport. Also check us out on the web at <http://www.cap.gov>. (CAP)

v. Catholic Single Young Adults: Are you Single? Between the ages of 21- and 40-yrs-old? And looking for a place to meet other Catholics with similar interests? Join the new Central Coast Catholic Young Adult Singles every second Thursday of the month from 1830—2030 at St Louis de Montfort in Orcutt (bring a dish to share) and fourth Thursday of the month at St Mary's in Santa Maria from 1830—2030 (cost \$5 at door for drinks & snacks). Along with our regular bi-monthly events we have one social event every month. Call or e-mail for information on any of our events: Kellee Bartha at CentralCoastCatholicYoungAdults@yahoo.com or 264-4659. (CCCSYA)

w. Attention All Motorcycle Enthusiasts: Searching for any and all personnel interested in putting together a club for the Off Road Vehicle (ORV) area. The tracks and trails that we have available to us on Vandenberg are a blessing to any off road rider. I want to create a club that will perform weekly maintenance and clean up of the tracks and trails. This is an excellent opportunity to make these tracks as good as any other in California. If you are interested, please e-mail Aaron.Mcclellan@vandenberg.af.mil, or call 6-7742.

Health And Wellness Center: (30MDG/HAWC, 6-2221)

a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education: The HAWC offers several in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up informative books.

b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education: Weekly classes, Thursdays 1300—1500, instructed by a Registered Dietitian and Diet Technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday, Cholesterol, and the 3rd Thursday is the High Blood Pressure Ed. The follow up classes are also on Thursdays from 1200—1300.

Chapel: (30SW/HC, 6-5773)

a. Worship Schedule: For all holiday weekends, the Vandenberg Chapel will have one Protestant Service on Sunday at 1130 at Chapel 1.

Catholic Mass:	Saturday	1700	Chapel 2	Regular Protestant Services:			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	Chapel 1

b. Vandenberg Jewish Community Classes: The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, adult Hebrew and religion classes. Classes are held

every Tuesday night at 1800 at the Vandenberg Religious Education Center. Please call Randee Van Ness at 734-3311, for more information or to enroll.

Family Support Center: (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit www.php-ids.com.

a. Office Hours: Family Support Center's customer service hours are from 0800-1600 except on Monday when the center will be closed for staff training from 0730-0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

b. BabyMeet: If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900-1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

c. Playtime For Tots: They meet Friday mornings at 1000-1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

d. Volunteer Opportunity: The Family Support Center is recruiting a volunteer to coordinate the Care Package Program. The position will oversee collection, packaging and disbursements of donated items to military members serving on extended TDY/deployment or remote PCS. Please contact Sally Galligan and MSgt Jaime Lopez at the Family Support Center at 606-0039 for additional information.

e. Month Of The Military Family: The Family Support Center recognizes the Month of the Military Family by providing gifts donated by Veterans of Foreign Wars. This special event will take place on Tuesday, 23 Nov 04, 0900—1600 (until supplies last) at the Base Exchange Mall. There will be a limit of five items per family.

30th Services Squadron: (30SVS/SVK, 6-0276)

a. Surf Lanes Bowling Center: (30SVS/SVBB, 6-3209/734-1310)

- **Thunder Alley:** Friday, 2200—0100, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

b. Family Child Care: (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for child-care providers has never been greater! Help make a difference and become a licensed child-care provider. Call Gwendolyn Jones at 6-4639 or 6-3255.

c. Fitness Center: (30SVS/SVMP, 6-3832)

- **Body Composition Testing:** 4 Nov 04, 1000—1200.
- **Fitness Assessments:** 9 Nov 04, 1000—1200.
- **Dodgeball Tournament:** 17 Nov 04, 1100. Sign up at the Fitness Center.

d. Information, Tickets & Travel: (30SVS/SVRO, 6-7976 or 6-1675)

- **Lakers Tickets:** Reserved seating for 8 season games. Tickets (transportation on your own) are very limited and need to be reserved NOW!

e. Library: (30SVS/SVMG, 6-6414)

- **Story Time:** 4 Nov 04, 1000.
- **Dial-a-Story:** The phone number is 606-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.

f. Marshallia Ranch Golf Course: (30SVS/SVBG, 6-6262)

- **'Project Good Neighbor' Tournament:** 9 Nov 04, 1230. Open play shotgun 0730.
- **Men's Club Tournament:** 13 Nov 04, 0808—0930.
- **BBQ Lunch Special:** 18 Nov 04, 1100—1330.
- **Guardian Challenge Tournament:** 19 Nov 04, 1230. Open play shotgun 0730.
- **Thanksgiving Turkey Shoot:** 20 Nov 04, 0730 shotgun start. Entry fee is \$10 per player. Format will be two-person select shot with pairings decided by committee. Sign-up at the Pro Shop.

g. Outdoor Recreation/Equipment Checkout: (30SVS/SVRO, 6-5908)

- **Mountain Biking Trip:** 6 Nov 04, 0800—1600. Explore the beautiful back-country of California. Cost is \$15 per person. Reservation deadline is 4 Nov 04 at Outdoor Rec.
- **Learn To Sail:** 20 Nov 04, 1030—1700. Learn how to sail with this three hour course taught through the Santa Barbara Center. Sign up at Outdoor Recreation by 13 Nov 04.

h. Pacific Coast Club: (30SVS/SVBO, 734-4375 or 734-4376)

Entertainment/Events:

- **Mongolian BBQ:** 3 Nov 04, 1700—2000.
- **DJ Night w/ Variety Music:** 5 Nov 04, 2100—0200, in the E-Lounge.
- **Karaoke Night:** 5 Nov 04, 1900—2300, in the Officers' Lounge.
- **Football Frenzy:** 8 Nov 04. Tailgate party starts at 1700 with \$1 burgers and hot dogs. Football toss at half-time. The match-up: Minnesota Vikings vs Indianapolis Colts.

- **Club Advisory Meeting:** 9 Nov 04, 1530.
- **Late Nighter:** 10 Nov 04, 1000—0400, with DJ Guy.
- **Club Closed:** 11 Nov 04, Club will be closed for Veterans Day.
- i. **Rod & Gun:** (30SVS/SVBR, 6-4560)
 - **Open Shoot:** Open Trap & Skeet shoot Wednesday and Friday mornings at 0830.
 - **Pistol Silhouette Shoot:** 6 Nov 04, 0900.
 - **Bowling Pin Shoot:** 7 Nov 04, 1000.
- j. **Skills Development:** (30SVS/SVRS, 6-6438)
 - **Winter Art Fair:** 6 Nov 04, 0900—1500, on the bowling center lawn area.
 - **Woodworking for the Beginner:** 13 & 20 Nov 04, 1100—1300. Two-part class covers basic woodworking and safety. Cost is \$35, materials included.
 - **Basic Framing & Matting:** 16 Nov 04, 1800—2030. Cost is \$20 + materials (8.5" by 11" project).
 - **How To Apply Formica:** 17 & 18 Nov 04, 1900—2030.

Education Center: (30MSS/DPHE, 5-5904)

a. Civilian Employee Workshops: The Civilian Training Office will be hosting two workshops on 18 Nov 04. A non-supervisory course titled, *Clear and Concise Communication*, will run from 0730—1130. Participants will learn to recognize their own communication style and learn more effective methods to deal with those who specialize in "communication roadblocks". The supervisory course titled, *Not Enough Time*, will run from 1200—1600. Supervisors and managers will learn ways to prioritize, strategies to conquer procrastination and get better control of their time. Both classes have a maximum class size of 25, so seats will be given out on a first-come, first-served basis. The courses, available to civil service employees only, will be held at the Education Center, Bldg 14007/RmD-4. To reserve please contact Ms. Barb LeFebvre at 5-5913 or by e-mail to barbara.lefebvre@vandenberg.af.mil. (30MSS/DPHE)

b. Embry Riddle Aeronautical University: ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Mgmt (ASTM/BSTM). We offer three graduate programs: Master of Science in Mgmt (MSM), Master of Business Admin in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For info regarding registration, admissions and our programs call the office at 734-4076 or 6-6557. Registration for resident classes is 14 Dec 04 until classes begin 10 Jan 05. The next online term begins 15 Nov 04 for undergraduates and 7 Nov 04 for graduates with registration due two weeks prior to course beginning. Our application is available online at <https://app.applyyourself.com/?id=erau-ec> Stop by and see us in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday—Thursday, 0830—1730 and Friday, 0800—1200. Our e-mail is Vandenberg.Center@erau.edu. (ERAU)

Computer Training: (InDyne, 6-3771)

a. Personal Computer Systems Training: Our classrooms are now ready to go for the new Outlook 2003 Overview course. WMs have registration priority, and users are invited to attend on a "space available" basis. To register, reply, or e-mail PC.Training@vandenberg.af.mil.

b. Tip: Create a rule from a message in **Outlook 03**. To create a rule based on the details of a message, **RIGHT-CLICK** the message, and then **click Create Rule**. Select the conditions and actions you want to apply, and then **click OK**.

c. Available Classes: Following are classes scheduled, which have open slots: Outlook 2003 Overview classes are held at 0800, 1000, 1230, and 1430 in Bldg 9360. Windows XP classes are held daily at 0800 and 1300 in Bldg 6510. Walk-ins are always welcomed.

Class	Date(s)	Time
LAN Access Training	03 Nov 04	0800—1100
EMSEC Training	03 Nov 04 & 17 Nov 04	0800—1130
LAN Access Training	09 Nov 04 & 17 Nov 04	1300—1600
LAN Access Training	12 Nov 04	0800—1100
EC Training	17 Nov 04	0900—1100

Items For Sale:

For Sale: 2003 Nissan 350Z, Touring Edition, pearl white. All options except navigation, 6-speed, 21K miles, excellent condition. \$28,000/obo. Call 737-1621.

For Sale: 2000 Chrysler Concorde LX only 29k miles, V6 2.7 liter engine gets 29 mpg, dual power leather seats, completely loaded. Asking \$9,427. Call 734-2299.

For Sale: 1997 VW Golf GTI VR6 - 5-speed, PW, PS, PL, AC, sun/moon roof, new clutch, sound system, exhaust, intake, larger rotors, and 17" rims included. Asking \$5,700. Call 734-1364.

For Sale: 1995 Toyota Tercel DX, 2-dr, 145K miles, new tires, brakes & rotors, overall good condition, 30 mpg average, automatic, PS, 2 extra rear speakers, asking \$2,500. Call cell 367-7366.

For Sale: 1995 Acura Integra, black w/spoiler & spec. edition rims, auto, full stereo w/2-10" Fosgate & 2 Fosgate amps, 4 profile tires, lthr, keyless alarm entry, & 119K. Asking \$5,000. Call 588-9442/734-2739.

For Sale: 1994 ACURA Integra, gray, 4-cyl, 5 speed, PS, PB, AC, PW, AM/FM cassette, alarm, new timing belt, very clean and well maintained. Must see to appreciate, 106K miles, asking \$4,800. Call 878-2533.

For Sale: 1989 Volkswagen Cabriolet, convertible, Wolfsburg Edition, blue, 5 speed. New CD stereo, upgraded A/C, great condition, 130K miles. Asking \$2,500. Call 736-5671.

For Sale: 1969 Cutlass Supreme Fastback V8 350 rocket, 134k miles, new red paint, runs great, no smog needed, only \$3,900. Call 734-2299

For Sale: 2002 Honda CBR600 F4i, red/black. Great condition, 9K miles. Very fast, a great beginner bike.. Asking \$5,500 for bike, helmet, gloves & matching textile jacket. Serious inquiries only. Call Doug 588-6409.

For Sale: 1992 Honda Shadow 1100cc, new voltage regulator, needs new back tire. Runs well. Asking \$1,800. Call Steve at 934-7882.

For Sale: 1973 Larson 18' boat, seats 7, needs inboard motor. \$723 is a steal, my loss. Call 734-2299.

For Sale: (4) MotoX bikes: CR 80, 2001, \$1,300; CR 125, 2004, \$4,100; CR 125, 1989, \$1,000; CR 250, 1997, \$1,800. All 2-stroke. 250/80 rebuilt top ends. Call Rick at 588-4262/736-3774 FMI.

For Sale: Mustang GT 04 tires & rims, 17", \$500; 8' pool table, \$400; lthr couch, loveseat & chair, w/free end tables, \$200; 4 post head/ftbrd/nightstand, \$100; rotisserie, \$50; 19" TV/VCR, \$35. Call 736-7501.

For Sale: RCBS Rockchucker Master Supreme reloading kit. Sturdy, single-stage reloading press & accessories. Great for the beginning reloader. Worth \$270 new, asking \$180/obo. Call Ray at 588-7512.

For Sale: Huge chain link fence (over 180 feet), complete with all poles, gate, and accessories, \$350. Large dog house, \$35. Large dog crate, \$35. Back door with built-in large dog door, \$75. Call 734-0098.

For Sale: 145 feet of chain link fence, 13 posts, 145 feet of top rail, 1 gate & various hardware, \$450/obo. Large dog kennel, \$45/obo. Call 734-1289.

For Sale: Yakima rack w/1A rain gutters, basket w/net, Fairing & Boa bike mount. Used on Jeep Cherokee, \$250/obo. Call 734-1307.

For Sale: Metal bunk bed (double on bottom), \$100; ping pong table, \$50; tall 5-drawer dresser, \$15; computer desk, \$15. Call 934-3247 after 1700 or anytime on weekends.

For Sale: Portable basketball hoop, very high quality, extra-large 48" backboard, adjustable height, great condition. Paid over \$300 new, asking \$100/obo. Call 733-5562.

For Sale: 14' trampoline, \$100; kids bikes, \$25 ea.; 26" 18-speed bike, \$30; chest & night stand, \$55; metal bunk bed w/futon, \$150; metal twin bed, \$75; Total Gym 1000, \$125. Call 737-4477/588-4336/7.

For Sale: Electric dryer, great condition, \$50/obo! Call 588-8878.

For Sale: (2) double capacity propane tanks, great for motor home, pop-up campers or gas grills. Both tanks are full of propane. Asking \$40/obo each. Call 734-1289.

For Sale: Brand new, never used Toro electric Rake and Vac leaf blower, vacuum and leaf shredder (Model 51573 -- check it out online). Original cost \$65, sell for \$45. Call 736-8925.

For Sale: (2) tickets for SF 49ers vs. Carolina Panthers at Candlestick Park, San Francisco on 14 Nov 04 at 1315. Seat Sect. LR 36 Row 13, Seats 10/11. Face value of \$65 each. Call 736-6003/331-6192 after 1530.

For Sale: Woman's mess dress (new) size 12, \$125; maternity service dress smock (new) size x-small, \$25; single mattress/box spring, \$30; ent center, \$35; rechargeable weed eater, \$25. Please call 734-0279.

Free: Entertainment center and microwave to be given away! Call 734-0203.

Free: Moving? Are you in need of boxes /packing materials? Worry no more. You can have the pick of the lot or take them all, from small ones to large ones. Call 735-6667 after 1700 to schedule a pick-up time.

Free: Free - if you take it away, Kenmore refrigerator, white, outer dimensions 33w x 67t x 29d, works great. Located in Pismo Beach. Call Wayne at 805-215-9984 FMI.

Free: Free - to good home. 4-yr-old female yellow Labrador, no papers. Very affectionate & playful. Excellent w/children. Please call 734-1307.

Free: Free - to a good home, two-year-old male Wheaton terrier. Trained, wonderful with children, good disposition. Call 740-1373.

Free: Free - to a good home, 71/2-month-old female half Queensland heeler and half pit-bull. She is spayed. Shy at first but very friendly. She has black & white spots. If interested please call 734-5691.